



## North Coast Academy of Sport Volleyball Program 2024-25

### About the Academy

Established in 1989, the North Coast Academy of Sport aims to assist young athletes from the region to achieve sporting excellence. The Academy is a non-profit organisation covering the NSW coastal region extending from Laurieton to Tweed Heads. Programs in numerous sports are offered, with the Academy working closely with the relevant state and regional sporting associations.

### About the Volleyball Program

The North Coast Academy of Sport Volleyball Program plays a vital role in the Volleyball NSW pathway by identifying, monitoring and developing the skills of young volleyball players.

The NCAS Volleyball Program forms an underpinning program for the Volleyball NSW Phoenix Program that can see athletes progress through the athlete pathway and be given the support they need to progress to the next level. Members of the squad will be exposed to expert coaching services, ancillary education and performance support. The NCAS Volleyball Program is endorsed by Volleyball NSW.

### Selection Trial Date & Venue

When: 12<sup>th</sup> October 2024

Location: Sportz Central, Coffs Harbour

Time: 3pm – 5pm

### Eligibility to Apply

To be eligible for NCAS selection, the athlete must meet the following criteria:

1. Male and female athletes born within the years 2008-2013 in 2025; athletes turning 18 & 19 years of age in 2025 may be considered on a case-by-case basis.
2. Reside in the North Coast region within the defined Local Government boundaries of the following Council areas: Tweed, Byron, Lismore, Ballina, Kyogle, Richmond River, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.
3. Hold a full U18 or Adult Volleyball NSW Membership.
4. Be available to attend the selection trials if all other selection criteria are met.
5. Display the potential to progress through the Volleyball NSW Phoenix Pathway.
6. Demonstrate a dedication to improving performance.
7. Complete and submit an online application by **30<sup>th</sup> September 2024**.

**\*\*Athletes turning 18 or 19 years of age will only be considered as training partners and will not be eligible to compete at Academy events.** Selected athletes are expected to attend the Junior Phoenix trials in May as part of their inclusion in the NCAS program.

### Selection Criteria

From the selection trial, the Selection Committee will select athletes into the NCAS Volleyball Program based on the following criteria:

1. Performance at NCAS Volleyball Trials
2. Fundamental skills (based on performance and assessment at the trial)

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3. Ability to interact with others and demonstrate team-play skills
4. Conduct and attitude (based on performance and assessment during the trial)

### **Squad Selections**

The NCAS Volleyball Program will select training squads of up to 24 male and 24 female athletes born 2008-2013.

### **Academy Games Selections**

The Academy Games teams will consist of 4 teams - 2 x 10 male & 2 x 10 female athletes. Selections for touring teams will take place in early March 2025.

### **Program Costs and Inclusions**

The program fee for 2024-25 is **\$475.00** (including GST), which covers the following items:

- 6 x training sessions/camps
- Professional and high-level coaching
- Fitness testing
- Strength & conditioning programming and face-to-face sessions
- Fitness testing
- Venue hire
- Athlete injury, death and permanent disability insurance
- NCAS Education Program
- Entry to NCAS Academy Awards
- NCAS administration levy

### **Costs to be Covered by Athletes**

- NCAS uniform & training kit
- Travel to and from training days, Education Program events, and Academy Awards
- Accommodation for training days (if required), Education Program events and Academy Awards
- 'Your Local Club' Academy Games fee
- Lunch and snacks at training days

### **Further Information**

If you have any queries, please contact Claire McCulloch, NCAS Sport Programs Manager on 0448 899 681 or [programs@ncas.org.au](mailto:programs@ncas.org.au).

Please accept my best wishes for you in the upcoming trial.

Yours Faithfully,



D'Arcy Van den Bossche  
**Executive Director**  
**North Coast Academy of Sport**